

Javelin Run-Up Style & Approach Comparison

Source: Arshad Nadeem vs. World Elite: How His Javelin Technique Wins Gold

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Compares run-up styles, crossover efficiency, and approach strides of top javelin throwers including Arshad Nadeem.

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Athlete	Run-Up Style	Crossover Efficiency	Approach Strides
Arshad Nadeem (PAK)	Progressive acceleration	Very High	12 to 14
Neeraj Chopra (IND)	Explosive mid-phase burst	High	12 to 13
Anderson Peters (GRN)	Consistent rhythm	High	13 to 14
Julian Weber (GER)	Speed-dominant	Moderate-High	13 to 15
Jakub Vadlejch (CZE)	Technical precision	High	12 to 13

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<https://arshadnadeem.pk/arshad-nadeem-javelin-technique-wins-gold/>